ICONICS FITNESS

TRAINING PROGRAM

Transform Your Body, Transform Your Life

Professional Personal Training Services in Mumbai

Results-Driven

Expert Trainers

Personalized Care

Research proves personal training delivers significantly better results than training alone

50%
Greater Strength Improvement
Personal trainer vs solo training in 6-8 weeks (Journal of Strength Research, 2024)

30%
Greater Muscle Mass Gains
Compared to self-directed training programs (Journal of Strength Research, 2024)

8x
Better Aerobic Fitness
7% vs 0.8% VO2 Max improvements (One2One Nutrition, 2024)

60%
Higher Success Rate
Weekly sessions increase fitness progression (Paul Anthony Research, 2023)

Scientific evidence demonstrates the measurable advantage of professional guidance

Sources: Journal of Strength and Conditioning Research (2024), One2One Nutrition Research (2024), Paul Anthony Fitness Research (2023)

Personalized fitness coaching designed to help you achieve your unique health and body transformation goals

One-on-One Personal Training

Fully customized experience tailored to your lifestyle, fitness level, and goals (Iconics, 2025)

Proper Technique & Safety

Focus on form and injury prevention for long-term sustainable results (Iconics, 2025)

Custom Workout Plans

Effective programs that monitor your progress and adapt to your needs (Iconics, 2025)

Nutritional Guidance

Complete approach to health including dietary recommendations (Iconics, 2025)

Personal training is more than just a workout—it's a fully customized experience

Sources: Iconics Official Website, Personal Training Services (2025)

Diverse training programs designed to meet every fitness goal and experience level

Strength Training
Build muscle mass and functional strength (Fittr, 2024)

HIIT Programs
Maximize fat loss with time-efficient sessions (F45 Training, 2024)

Functional Fitness
Real-world movement patterns for daily life (Holly Roser, 2024)

Cardiovascular Training
Build endurance and heart health (Fittr, 2024)

Flexibility & Mobility
Enhance range of motion and recovery (Fittr, 2024)

Body Transformation
Comprehensive approach for complete results (Iconics, 2025)

Every program is customized to your specific goals and fitness level

Sources: Fittr Training Guide (2024), F45 Training Research (2024), Holly Roser Fitness (2024), Iconics Services (2025)

Proper nutrition is essential for achieving fitness goals—we provide comprehensive dietary guidance

Balanced Macronutrient Distribution

45-55% carbohydrates, 10-15% proteins, 25-35% fats for optimal performance (PMC, 2023)

Pre & Post-Workout Nutrition

Strategic timing to maximize energy and recovery (Peloton, 2024)

Personalized Meal Planning

Customized nutrition plans based on your specific goals (Iconics, 2025)

Hydration Strategies
Proper fluid intake optimization

Supplement Guidance
Evidence-based recommendations

Optimal Macronutrient Distribution

Based on general fitness programs (PMC, 2023)

Sources: PMC Sports Nutrition Research (2023), Peloton Macronutrients Guide (2024), Iconics Nutrition Services (2025)

Effective goal setting is crucial for fitness success—we help you define and achieve your targets

S **Specific**

Clear, well-defined objectives (lose 15 pounds, deadlift 200lbs, run 5k in under 25 minutes)

M **Measurable**

Trackable progress with concrete metrics and regular assessments

A **Achievable**

Realistic targets based on current fitness level

R **Relevant**

Goals aligned with personal values

T **Time-bound**

Clear deadlines to maintain motivation and accountability

Typical Progress Timeline

SMART goals accelerate success

Mental strength is just as important as physical strength —we help you build lasting motivation

> - Arnold Schwarzenegger

Building Unbreakable Motivation

Find Your WHY

Connect with deeper reasons beyond appearance goals

Celebrate Small Wins

Acknowledge every milestone on your fitness journey

Create Accountability

Regular check-ins with your trainer

Visualize Success

Mental rehearsal of your goals

Embrace the Process

Focus on daily habits rather than just end results

Your mindset determines your success

Our clients achieve remarkable transformations through dedicated training and expert guidance

Client Transformation Highlights

Priya S. - Complete Life Transformation

Lost **25kg in 8 months**, improved strength by 40%, regained confidence

Rajesh M. - From Beginner to Athlete

Built **15kg muscle mass in 12 months**, completed first marathon

Anita K. - Pain-Free Living

Overcame back pain through functional training, improved posture and mobility

Vikram P. - Body Recomposition

Reduced body fat from 25% to 12% in 6 months while maintaining muscle

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- Client Testimonial

Real people. Real results. Real transformation.

A systematic, proven approach ensures you get maximum results from every session

1

Initial Assessment
Comprehensive fitness evaluation and goal setting

2

Program Design
Customized workout and nutrition plans

3

Training Sessions
One-on-one sessions with technique refinement

4

Progress Tracking
Continuous monitoring and plan adjustments

5

Long-term Success
Lifestyle integration and sustainable habits

Typical Client Journey Timeline

Week 1	Week 2	Weeks 3-6	Week 7	Weeks 8-16	Week 17+
Assessment	Program Design	Initial Training	Progress Review	Advanced Training	Goal Achievement

Your journey is structured, supported, and successful

Your safety is our top priority—we maintain the highest standards of professional practice

Professional Safety Standards

Certified Professional Trainers

All trainers hold recognized fitness certifications and maintain continuing education

Proper Form & Technique

Emphasis on correct movement patterns to prevent injury and maximize effectiveness

Progressive Overload

Gradual intensity increases for safe adaptation

Equipment Safety

Regular maintenance and safe usage protocols

Individual Limitations

Customized approach based on health history

Emergency Prepared

First aid trained staff and response procedures

Train with confidence knowing you're in expert hands

We combine cutting-edge fitness technology with proven training methods for optimal results

Technology-Enhanced Training

Progress Tracking Apps

Digital monitoring of workouts, measurements, and achievements for data-driven results

Body Composition Analysis

Advanced tools to measure muscle mass, body fat, and hydration with precision

Heart Rate Monitoring

Real-time cardiovascular intensity tracking during sessions

Virtual Support

Online coaching and guidance between in-person sessions

Exercise Video Library

Access to technique demonstrations and home workout routines for continuous learning

The perfect blend of technology and expertise for your success

Your fitness transformation starts with a single decision—let us guide you to success

Ready to Begin Your Transformation?

Book Your Free Consultation

Discover your fitness potential with a complimentary assessment

Set Your Goals

Work with our experts to define your personal fitness objectives

Start Your Journey

Begin with a customized training program designed just for you

Contact Information

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info@iconics.mydt.in

Location
Mumbai, India

Your transformation awaits

> “
>
> **- Chinese Proverb**